

Hot Weather Precautions

During the summer months, excessive heat temperatures are a fact of life here in South Texas. Excessive heat conditions can result in direct and adverse health consequences, particularly to the very young and to the elderly. The following precautions should be followed during this time to reduce heat related injuries.

- Drink non-alcoholic and caffeine-free liquids, such as water and juices.
- Wear lightweight, light-colored, loose-fitting clothing.
- Be aware of those at high risk, such as the elderly, infants and children up to 4 years of age, someone who is overweight or someone on medication. Rest frequently in a shady area.
- Spend time in an air-conditioned place. If no air conditioning is available, as much ventilation as possible is recommended.
- It is more effective to use a fan with a window open.
- Do not leave infants, children or pets unattended in a parked car (even if the windows are down or the air conditioning is on) or other hot environment.
- When working in the heat, be aware of the condition of your co-workers and have someone do the same for you.
- When unaccustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually.
- Ask your physician whether you are at particular risk because of medication.
- Schedule outdoor activities carefully, preferably before noon or in the evening.
- Remember to leave fresh water in the bowl for pets kept outdoors and provide as much shade as possible where the pets are kept.

The San Antonio Metropolitan Health District encourages readers to contact the National Weather Service for the most current weather conditions at 830-606-3617, or visit their website for current hourly weather www.srh.noaa.gov. During the hot summer days, **Hot Weather Health Watch (Level I) will not be deactivated.**

For Further Assistance:

If you have an emergency call	911
For Utility Assistance call CPS	353-4357
For Fan Assistance call the United Way Help Line	227-4357
For non-emergency information call	311
San Antonio Metropolitan Health District	207-8856

